

Every Woman's Book,

CONTAINING

THE BEST INSTRUCTION AS TO

THE

MANAGEMENT OF CHILDREN;

ALSO,

ADVICE

AS TO ALL

THE DISEASES of CHILDREN;

WITH

AMPLE INSTRUCTIONS

AS TO

COOKERY FOR THE SICK;

HINTS TO LYING-IN WOMEN,

&c. &c.

— 000 —
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EVERY WOMAN'S BOOK.



THE MANAGEMENT OF INFANTS.

1. Attention must be given to their food, sleeping, clothing, cleanliness, and exercise, combined with constant care and watchfulness.

2. A new-born child should be washed all over with a fine soft sponge, warm water, and white soap; and thoroughly dried with a soft towel.

3. The navel being secured with a fine rag, a strip of new flannel about four inches deep should be gently passed round the belly, which must be continued several months, according to the health and strength of the child.

4. An infant's dress should be light, loose, and moderately warm. Tight bandages must be avoided. The chest, bowels, and feet, should always be kept warm.

5. Strings are preferable to pins, though a child cannot be so neatly dressed, and it must be a clumsy mother or nurse who cannot pin an infant's clothes securely. In pinning, let the nurse slip her left hand between the clothes and the

child's flesh, and then run the pin in and out several times, as in darning a stocking. This will prevent the child being pricked, or the pin dropping out. Nurses should use a pincushion, and not stick them in their clothes, as infants are often severely scratched by such slovenly practices.

6. Half a tea spoonful of castor oil, with a very small quantity of fine brown sugar, may be given to new-born infants, to open their bowels, though it is not always necessary.

7. The breasts of infants often appear swollen, and it is a common practice to squeeze them, in order to press out a white fluid, which they call milk. This is not necessary, and may be very hurtful. These swellings generally go down in a few days; if they do not, they may be bathed with warm milk and water, or a little warm salad oil gently rubbed in morning and evening.

8. An infant's first food should be that which unerring Nature has provided for it—its mother's milk. It is a foolish notion, that the child ought not to suck at first, because the milk is supposed to be unwholesome. The child's sucking is the way to bring the milk; and the first milk is *highly medicinal*; therefore, let the child have plenty of that, and nothing else. The child should be put to the breast as soon as possible after it is born, which is to be repeated again and again, at the interval of three or four hours, or as often as the mother's strength will admit, until it sucks freely.

9. Many instances have occurred, when a child is kept from the breast for one or two days, and supplied with other food, of its refusing to suck; the mother in consequence becomes ill with a broken breast or milk fever, and the child falls into a decline for want of proper nourishment.

10. Nothing is more essential to the health and comfort of an infant, than cleanness; it should be well washed twice a day; the whole body in the morning, and the lower half at night. The chill should be taken off the water for the first

month ; afterwards, it ought to be quite cold, except during severe weather. A large soft sponge is the best thing to wash a child with.

11. Every morning after an infant has been carefully cleaned behind the ears, in the folds of the neck, &c. let the nurse hold it with a gentle inclination over the bason, and, filling the sponge several times, discharge the water over its head, back, and limbs. An infant cannot be thoroughly washed unless it is quite naked. Then rub the child quite dry, and tie on a flannel cap while it is being dressed. On removing the flannel cap, let the hair be brushed (not combed) with a fine hair brush. This treatment will prevent them from taking cold in the head, and snuffles, as well as vermin, and many filthy diseases which generally begin, or are occasioned by, the negligence of nurses.

12. The skin of young infants, after being wiped thoroughly dry, should be dusted with the finest hair powder, but particularly in the bends of the joints, and folds of the flesh. Its clothes should be wholly changed night and morning, one set being for the day, the other for the night ; and nothing *wet* allowed to remain on.

13. An infant's clothes, on being taken off, should be carefully dried, rubbed soft where any part has become harsh or hard with perspiration or drivelling, and hung up over a line. This renders the clothes refreshing, promotes health, and does not occasion any additional washing. An infant should have clean clothes every three days, which should be most carefully aired, but not put on warm, as warm linen is weakening.

14. Children that are kept regularly clean, and washed in plenty of cold water, will seldom be troubled with a chafing of the skin in the folds of the neck, arm-pits, between the thighs, and other parts ; but if, during teething, a little heat and chafing should arise, it will be speedily cured by the application of a little fuller's earth, (after

washing the part with warm water) two or three times a day. Fuller's earth never fails of effecting a cure, if, at the same time, proper cleanliness is attended to. The manner of preparing fuller's earth for this purpose is, by pouring hot boiling water in sufficient quantity that, when dissolved, it is about the stiffness of thick batter. It must be applied quite cold.

15 When cleanliness has been neglected, even medicine will not supply the deficiency. The nurse who is under the necessity of going to the druggist's shop for a pennyworth of *red* precipitate powder, is almost always one who has neglected her duty to the child. Without attention to cleanliness, medicine can do very little for the comfort of her babe. Be careful not to use *white* precipitate, as that would kill the child.

16. Many children have died, and many more become unhealthy, by the improper custom of giving infants spirits in their food. Let a child be properly fed, and it will scarcely know any thing of the wind and gripes with which some children are so grievously tormented.

17. As the mother's milk is the first, so it should be for three or four months the principal food of the child. Mothers had better suckle a child entirely than occasionally, as it is injurious to both mother and child when the milk is allowed to remain six or more hours without being drawn off. Though the child of a poor woman, who goes out to a day's work, may be kept quiet by feeding during her absence, yet she will often find it, after sucking, become restless and disordered; so also will the child of a lady who has been long out taking her pleasure. They will also experience very unpleasant sensations themselves, in consequence of the long confinement of the milk.

18 If a mother has not a sufficient supply of milk, a little food must be given to the infant; and nothing is better than equal parts of grit meal and cow's milk. The less sugar that is

given with it the better, as it sometimes turns sour on the stomach. Food that has in it sugar or milk should never be re-warmed, it then becomes unwholesome. Arrow root, and sago, are very good food, but dear.

19. Though all children should be suckled, *long suckling ruins the constitutions of many women.* A hearty child should never have the breast longer than eight or nine months, as it is then capable of taking more substantial nourishment. In weaning, the sooner they are broke of taking any thing in the night the better; a little good milk and water for a week or two will be sufficient.

20. Children ought not to be rocked or lulled to sleep. If a child is well fed and nursed, it will sleep in the day time, of its own accord, as much as is necessary to its welfare; and if it does not sleep sufficiently long to suit the mother's convenience, she must console herself that the liveliest children are the soonest out of hand. As to sleeping during the night, let the mother take it upon her arm, and allow it access to her bosom, and she will very seldom complain of its being restless.

21. Children should be accustomed to go to bed at a regular and early hour, not sooner than seven, or later than eight. This will conduce both to their health and temper, as well as to the quietness and comfort of the house. Children that are allowed to sit up late, seldom grow tall or strong. There is much truth in the maxim of Poor Richard,

Early to bed, and early to rise,
Is the way to grow healthy, wealthy, and wise.

22. As soon as a child has a notion of holding any thing in its hand, it should be supplied with a piece of upper crust of bread, which is very nourishing, and a much safer *gunstick* than coral or sealing wax. Do not spend your money in such quackery as B. Burchell's anodyne necklaces.

23. Savoy cakes, sponge cakes, and other light articles, from a respectable pastry cook's, may occasionally be given as food to infants ; but gingerbread of every description, and sugar plums, are very injurious, the latter often *poisonous*. Beware of allowing children to suck that filthy stuff called *penny an ounce*, so much sold in the streets of London, and other large towns.

24. Children should not be allowed meat until they have cut some of their teeth, and can run alone ; the first is necessary to their chewing, the other to their digesting it.

25. When children are first weaned, the best food they can have is milk, with a little toasted bread in it. If relaxed in their bowels, let the milk be thickened with rice or flour, but if costive, oatmeal is preferable. A roasted apple is good in this case ; and mutton broth, occasionally, will vary their diet. Flour and egg puddings are apt to lie heavy in the stomachs of very young children.

26. If potatoes are given to young children, they should be well boiled, and of a mealy sort, carefully mashed. Bread sopped in water is poor food ; they had much better chew the bread dry, and drink the water, which is the best drink they can have, or milk and water. Beer and wine are not good for children.

27. As to the exercise proper for children, while very young, let them be frequently dandled about in a lively, yet gentle manner, as well as talked to and amused. It is pleasant to observe how soon they begin to take notice, and the time employed in playing with and amusing them is well bestowed.

28. A child well nursed for the first few months, till it can *crawl* acquires skill and strength, and is able to shift for itself much sooner than one that has been neglected. When a child takes to crawling, it is out of danger of becoming rickety, bandy, or deformed. Nothing is more ridiculous or improper, than to put a child upon its feet, to

teach it to walk, before it has sufficient strength. A crawling child will put itself upon its feet as soon as it is strong enough.

29. Violent noises, bawling, rough shaking, jerking, and high tossing, should be avoided; they can do no good, often frighten a child, and sometimes produce serious or incurable disorders.

30. Night and morning, when a child is undressed, it should be allowed a few minutes to stretch its limbs and play about naked, care being taken that it is not exposed to drafts of cold air or chills; also, the mother should gently rub its body and limbs, and encourage it to move and kick about at pleasure.

31. Children should be carried in a lying posture untill they become so strong as to rear themselves up; otherwise, there is danger of injuring the chest, or distorting the back bone. In carrying a child, care should be taken that it does not spring from the mother's arm. The back must always be carefully supported by the mother's hand and arm.

32. A child should never be allowed to sit on the floor, it makes it lumpy and ill shaped; but a careful mother will provide an old piece of carpet, or baize, for it to lie or crawl on, which relieves her from the fatigue of nursing, and gives the infant an opportunity of stretching and exercising its limbs. When a child is laid on the floor, it should not be left alone, an older child should be set to play with it gently, and take care of it. The mother should, also, even in the midst of her employment, occasionally see that it is safe and happy.

33. Leading strings, go-carts, ploughs, swings, and standing in the broken bottom of an old chair, are most improper, and very often make even strong children become bandy and mis-shapen. Every endeavour to make a child walk before it is able is wrong and silly: indeed it is unnecessary

that a nurse's back should ache in trying to make them walk, as children who have their health, and the use of their limbs, when they become strong enough, will be sure to walk of their own accord.

34. A child, after being laid on the carpet for several weeks, the first time it turns itself half round, gives a lively crow, as if amazed and delighted with its own dexterity; it presently tries a little further, gets round upon its hands and knees, and coos to the flowers or colours on the carpet; and it soon advances, like a frog swimming, in pursuit of its ball or other play-thing. In a short time it raises itself up by a chair; by degrees it depends less and less on the chair for support, and at length acquires courage and ventures to walk across the room, much pleased with its newly-discovered power. Such a child, not having been forced beyond its strength; and having acquired its skill by experience, never forgets what it has learned.

35. A child should not be laid down to rest immediately after being suckled or fed, but should be kept in gentle exercise untill it throws up a little wind; otherwise its sleep may be disturbed, and even fits brought on from fullness and oppression. When from any cause a child has been longer without food, and taken it with more than usual eagerness, particular attention to this is necessary. A mother, when unusually heated or fatigued, ought not to suckle her child directly, but wait till she becomes cool and composed, and taken some little refreshment.

36. The fresh air of the open fields is absolutely necessary to the health of children; but an infant should never be exposed to a *draft of air*, to a *north-easterly wind*, or to the damps of evening. The scorching rays of the sun are also to be avoided. When taken abroad in cold weather, its chest, bowels, and feet, should be well covered, and kept from the cold.

37. A mother who is obliged to be out at work,

and leave the care of her infant to an elder child, should be very particular in her injunctions to those with whom she may entrust it. When the air is damp or keen, children should never be permitted to stand at a *passage door*, or at an *open window*. Ignorant nurse-girls, and thoughtless mothers, kill thousands of children in this manner every year, by occasioning them to take a cold which brings on the croup, or an inflammation of the lungs.

38. A careful mother that goes out to a day's work should not entrust the care of her infant to a girl of less than twelve years of age. She should go home to breakfast, if possible, and dress the child. She should then instruct the young nurse, if the weather is dry, and fine, to walk backwards and forwards with the child before the house, or, if not too far distant, in front of the house where she is at work; but generally charging her to amuse it as much as possible in the cradle. At meal times, if she cannot go home, the child should be brought to her to suck; and when she goes home at night, she should never fail, however tired and wearied she may be, of giving the infant an hour's good nursing before putting it to bed.

39. As nurse-girls generally consider themselves very clever, and are often too ready to *lug* children about, mothers should order them to *mind*, not *nurse* the infant; for they often let the children fall down, and break their bones. As children become rickety through bad nursing those who go out to work ought to contrive that they suffer as little as possible during their absence. A bandy or rickety child is the greatest possible disgrace to a mother.

40. When a child is short coated, the best kind of shoes for it are those made of worsted; and, if a mother is able to knit them herself, the cost will be very trifling. When the child runs alone, a thin piece of stiff leather might be stitched to them, if the mother has a little idea of shoe-making. A slight knowledge of cobbling, as well as tailoring, saves many a shilling in a family, and is a very useful acquirement.

ADVICE AS TO THE DISEASES OF CHILDREN.

41. *Recovery of Still-born Infants.*—As this accident arises from various causes, and requires some difference of treatment, professional aid should be always called in without the least delay; but where it cannot be had, those on the spot will not err in observing the following directions: First, the infant should be immersed in blood warm water, with its head placed uppermost. Second, the lungs are to be filled with air, by blowing through a quill or any other ready contrivance, applied to one nostril, the other nostril and the mouth being carefully shut; at the same time the chest must be gently pressed with the hand. Third, this artificial action of the lungs must be continued till the motion of the heart may be perceived, and a beginning attempt to breathe; then the pressure upon the chest should be discontinued, and the blowing into the nostril only occasionally repeated. Fourth; but if these means should not succeed in restoring motion to the heart, the infant must be taken out of the water, placed before the fire, carefully rubbed, and wrapped in warm flannel. Fifth, the temples, nostrils, and round the lips, may be gently touched with a feather, dipped in æther, or spirits of hartshorn, or in the juice of an onion; a little spirits rubbed on the breast; and the buttocks, and soles of the feet, slapped with the palm of the hand. Direction fifth must not be adopted, if the child appears pale and discoloured; in such a case the use of every thing irritating must be carefully avoided.

42. *Weak Eyes*—are often occasioned by exposure to drafts of air, to the blaze of a large fire, or a strong light: all these must therefore be sedulously avoided. A cure will soon be effected by washing the infant's eyes twice or thrice a day with luke warm milk and water.

43. *Red Gum*.—Most children, a few days after their birth, throw out a number of small red spots, rising a little above the skin. This is seldom attended with injury to the child, and only requires the common precautions of avoiding cold, and keeping the bowels open.

44. *Thrush, or sore mouth*.—This disease is not so common now as formerly, when both mother and infant were dosed with hot wines, spiced candle, and other feverish diet. If the child should be uneasy while suckling, or the mother's nipple become sore, it will be necessary to examine its mouth, in which, if it has it, will be seen many white spots, resembling curdled milk. While the spots are white, no attempt should be made to get them off. If the child can suck, no food whatever should be given it beside the breast, but a teaspoon full of the following liquid: the white of a raw egg beat up with a little fine loaf sugar powdered, and mixed with three tablespoons full of cold water: or, one or two turnips, and an equal weight of lean mutton, cut up in small pieces, and well stewed in a small quantity of water. This is both healing and nourishing, and particularly proper when a child is weakly, or cannot suck. In this complaint a child must be kept very clean, washed twice a day with warm water, and fuller's earth applied, as directed in paragraph 14. In three or four days the spots turn yellow; the mouth may then be gently rubbed with a little borax finely powdered, mixed with about eight times its weight of honey or fine moist sugar. If the child's mouth is so crusted that it cannot suck, it should be fed with warm cow's milk, in its genuine state; and the mother should have her breasts drawn the while.

45. *Stuffing of the head, or snuffles*.—A trouble-

some complaint, which renders it difficult for a child to breathe or suck. A little salad oil, or fresh butter, should be rubbed on the nose at night which will loosen the filth, and admit of its being thoroughly cleansed in the morning.

46. *Oppression of the chest, and hoarseness.*—A plaster of course brown paper, spread with deer's suet, or old tallow, and dipped in rum, should be applied to the chest; giving to the child, occasionally, a teaspoon full of syrup of violets and oil of almonds.

47. *Sickness.*—Infants are apt to throw up the milk; if they do so without turning pale, the breath smelling sour, or becoming uneasy, it is of no bad consequence, only showing they ought not to be allowed to suck too much at a time. When children are fed in prospect of weaning, the food should be given only in small quantities at a time, and that not just before or after sucking. Sickness at the stomach is often caused by a disordered state of the milk, therefore nurses should avoid all violent agitations of the mind, a too long confinement of the milk, and such food as veal or pork underdone, pickled vegetables, or unripe fruit. When an infant becomes suddenly ill, and a mother feels conscious that her milk is disordered, even though the child may not attempt to retch, she may be sure that it must do so before it can be relieved, and should endeavour to promote it, by setting the child upright, or rather stooping forward, rubbing its stomach, and keeping it in gentle motion. If the child should not be relieved in a few minutes either by vomiting or stool, it will be proper to give it a teaspoon full of ipecacuanha wine, to be repeated in ten minutes if the first does not operate. If vomiting does not then take place, she should give it the breast. If it sucks, most likely the whole contents of the stomach will be discharged, and the infant presently relieved.

48. *Disordered Bowels.*—At times children suffer much from violent cholic pains. In this case the feet are drawn up, the child screams excessively,

and discovers great pain on being touched ever so gently about the belly. This complaint is caused by cold, wet clothes, and unsuitable food, especially that which is too much sweetened being apt to turn sour on the stomach. A dose of castor oil will frequently give relief; or if it should not, there is not a better medicine than Dalby's Carminative; but it is not to be used to make a child sleep, or on every slight occasion. In fact, every thing that warms the bowels, and discharges the wind, is good, and great relief is often obtained by the use of the warm bath. It is also of service, in violent pains of the bowels, to rub the part gently with a little spirits, in the palm of the hand, before the fire. A quarter of a teaspoon full of aniseseed, or gin, diluted with eight times the quantity of water, often has an immediate beneficial effect.

49. *Costiveness*.—Some children suffer much from costiveness. During the earlier months of infancy, two to four motions a day are proper; but if a grown child is thriving and hearty, one proper evacuation is sufficient. Castor oil is a good medicine for costiveness.

50. *Looseness*.—If occasioned by teething, it will be proper to give the child a little rhubarb and magnesia. When a child has offensive evacuations, of a clay colour, a dose of castor oil is proper. When children are disordered in their bowels, if they take any food beside the breast, let it be arrow root, or a piece of top crust of bread, free from crumb, with a small bit of cinnamon, boiled till it becomes a perfect jelly, sweetened with loaf sugar.

51. *Teething*.—Most children experience illness during teething; and their sufferings are greatly increased, and even their lives endangered, by improper management. As teething is in general attended with slight fever, eating meats, sweetened food, beer, wine, or spirits, are most improper. Particular attention should be paid to their general health; their bowels kept regularly open, and every thing of an irritating nature avoided. Let them have good air,

exercise, and food; and, if they are inclined to drink, let them have as much toast and water, very weak tea, or barley and water, as they please. A crust of bread, a piece of fresh liquorice root, or an ivory or bone ring, should be put into the child's hand, with which to rub its gums, and assist the tooth in forcing its way through. If the child will not do it, the mother should gently rub the gums with her finger, and a little honey. If a child be very weak, and its bowels disordered, it should have beef tea twice a day, and bathed every morning in a tub of cold water; but, if feverish, be put into a warm bath. A burgundy pitch plaster is sometimes serviceable, worn between the shoulders. Lancing the gums, a momentary operation, often affords immediate relief; and where the tooth is all but through, the mother may break the skin with the nail of her finger. When children are very ill during teething, the advice of a medical gentleman should be taken.

52. *Convulsions arising from teething.*—When an infant suddenly turns pale, the eyes and features distorted, its hands clenched, sometimes lying in a lifeless state, at others violently screaming, and agitated; in such a distressing case, first completely strip the infant, to ascertain whether the illness arises from any accidental or other cause. Then, as soon as possible, put the child into a warm bath, as hot as the hand can easily bear. The warm bath generally affords relief, and should always be resorted to without delay, if the fit is attended with paleness or chills; but if the skin be very hot, relief is often obtained by sponging the face and neck with cold water and vinegar.

53. *Croup.*—It first commences with a hoarse, barking cough; afterwards an alarming difficulty of breathing at night, with a peculiar sound; and a quantity of phlegm is collected, which can seldom be thrown off. As this is a very fatal complaint, and rapid in its progress, medical advice should be sought on its first appearance. When a child has the above symptoms, keep a light burning, and take

care to have plenty of warm water always at hand : also, a little very coarse sugar mixed with fresh butter. If the child wakes with hoarseness, cough, or difficulty of breathing, give it a teaspoonful of this mixture: if it gives relief by loosening the phlegm, it may be given during the night as often as occasion requires ; if it causes vomiting, all the better. This often gives relief in a croupy cough. If these simple means do not afford relief, the child should be put into a warm bath for at least ten minutes, then rubbed quite dry, wrapped in flannel, and put to bed in a moderately warm room. If relief by vomiting has not been given by the butter and sugar, then medicine should be immediately given that will both vomit and purge. Calomel is the most efficacious, but it is too hazardous for inexperienced persons. An emetic of antimonial wine, and a dose of castor oil, may be ventured upon ; but only under the absolute impossibility of obtaining proper advice. If vomiting gives relief, no other powerful means are necessary ; but, should this not be the case, leeches, and afterwards a blister, must be applied to the chest. If the child is not weaned, it must take nothing but the breast ; otherwise, nothing more than barley and water, milk and water, or toast and water. As it recovers, the food must be of a more nourishing kind, but given in small quantities, as arrowroot, sago, or milk thickened with isinglass ; and when all fever has ceased, chicken broth or beef tea. Taking cold, or damps, must be avoided.

54. *Ring-worm*.—The part affected should be well washed at least every night and morning with tripe liquor, obtained from the tripe-boilers fresh and warm, as often as possible. What remains after using should be kept in a cool place, and made a little warm for use when required. The head should be closely shaved, and a cap of oiled silk worn.

55. *Chilblains*.—Rub them every night with soap liniment, or a red onion cut in half, thickly sprinkled with common salt, or spirits of turpentine. If they

break, a thin plaster made of the following ointment should be applied once a-day :—hog's lard, one ounce; bees' wax, one ounce; oil of turpentine, half an ounce; melted and stirred well together.—To avoid them, never sit in damp shoes, or go to the fire when very cold; and wear gloves and socks of oiled silk or wash leather.

56. *Worms*.—If a child is suspected of having worms, give it a few raisins every morning fasting; after some days, give it a dose of *sal polychrest*, according to its age, and in three days another; or castor oil or senna tea will answer the purpose. Tea made of wormwood, rue, or chamomile flowers, are beneficial, though it is difficult to get children to take them in sufficient quantity. Many children have experienced great benefit from taking a thimbleful of strong undiluted gin every morning fasting.—To prevent worms, avoid sloppy food, as bread soaked in tea much sweetened, sugar plums, unripe fruits, and all such sweet or sour trash as is generally sold for children.

57. *Measles*.—Previously to their breaking out the child appears heavy, drowsy, and feverish; sneezes often, its nose runs, and its eyes are red and inflamed. The measles appear at first on the breast, back, and forehead; they resemble flea bites, and are not raised above the skin; they gradually spread over the whole body, and in two days change to a brownish red, which continues during the third day; after that they gradually turn pale, and the skin becomes covered with bran-like scales. During this complaint children must be kept moderately warm, but not hot. In cold weather a fire is necessary. A dose of purgative medicine may be given at the commencement of the disease, but no other medicine till it has gone off. Then the food must be light and nourishing, as roast mutton, batter pudding, &c. As the measles tend to impoverish the blood, a little port wine every day for a week or two will be of service. Mothers should be extremely careful

that their children do not take cold either during or soon after this complaint. Two or three doses of opening medicine should be given after the decline of this disease, every third morning.

58. *Small Pox*.—This disease generally commences with a high fever, which abates as the pustules come forth. The child must be kept in bed, in a darkened room, (as the eyes are much affected in this complaint,) and its feet bathed of a night in luke-warm water. Great thirst, with violent pains in the head, back, and arms, attend the commencement of this disease. A mild saline purge, of half an ounce of salts, should be given the first and second day; and, if the fever continues, some febrifuge powders. The child must be kept cool; if hot fine weather, the windows open day and night, and no fire in the room. The child must be well supplied with toast and water, barley and water, beef tea, or mutton broth, to its liking. As this is a dangerous disease, it is best to take the advice of a medical man.

59. *Vaccination*, or *Cow Pox*.—About thirty-five years ago this great discovery was made by Dr. Jenner; and though it is not a complete preventative against the small pox, those who are attacked with the small pox after vaccination have it very mildly. It is no ways dangerous, hardly makes the most tender infant ill, and can scarcely be called a disease. As it prevents the excessive suffering of that most loathsome disease, the small pox, no mother who has right feelings will allow her child to run the risk of taking it, but will cause it to be vaccinated within the first three months after its birth.

60. *Whooping Cough*.—To remove this complaint, gentle emetics should be given, and the bowels kept open; the food light, principally milk and vegetables. Spirits of hartshorn, or garlic ointment, should be rubbed every night and morning on the back-bone, soles of the feet, and palms of the hand. The child must not be exposed to keen or damp air; but *change of air* is very beneficial, even from the

fresh air of the country to that of a close town. By a child being taken for a few days, or a week, to a friend's house at a few miles distant from where it caught the complaint, it will, almost to a certainty, get rid of it directly.

COOKERY FOR THE SICK.

61. *Grit Gruel*.—The most nourishing and pleasant is made of grits: a quarter of a pint of grits will make one quart of thick gruel; or two quarts of thin gruel, for drink in fevers. It should be made in a very clean saucepan, and a little salt should always be put into it. It should be boiled about half an hour. Let it be constantly stirred, to prevent its settling and burning at the bottom of the saucepan. This gruel, with a little sugar, toast, bread and butter, or biscuit, is all that ought to be allowed to lying-in women for the first three or four days. Gruel should be made fresh every other day in cold weather, but every day in hot weather, as it is sure to turn sour the second day.

62. *Oatmeal Gruel*.—Stir till very smooth two tea-spoonsful of oatmeal in a little cold water at the bottom of a bason: then pour on it a pint of boiling water. After again well stirring, pour it into a saucepan on the fire, and keep stirring it constantly till it has boiled ten minutes. Then strain it off; do not let it boil over.

63. *Caudle* is made in the same manner, only the oatmeal, should be first mixed with good, clear, mild beer, with a quarter of a teaspoonful of ground allspice; and when it is done, add a little fine moist sugar and a small glass of gin, stirring it in well.

64. *Rice Gruel*.—This is made in the same manner as oatmeal gruel, but when it is ordered in consequence of the bowels being relaxed, a bit of cinnamon and dried orange peel should be put into

it; and, when boiled enough, sweetened with loaf sugar, and a tablespoonful of Cognac brandy added. Be sure not to use *Patent Brandy*.

65. *Rice Caudle*.—Place your saucepan over a very clear fire, with half a pint of new milk, a bit of cinnamon, and six lumps of sugar in it. Rub very smooth two dessert-spoonfuls of the best flour, adding to it by slow degrees half a pint of water; the instant the milk boils, stir into it the flour and water, and let it simmer gently for twenty minutes, carefully stirring it the while, for it is very apt to burn. This is very nourishing food, very good for weak bowels, and infants; but when for very young children, the cinnamon should be omitted.

66. *Barley Gruel*.—Wash two ounces of pearl barley; boil it in one quart of water, with a bit of cinnamon, till it is reduced to a pint, then strain it, and return it to the saucepan with half a pint of port wine and some loaf sugar, and stir it over the fire for two or three minutes. This is most excellent for supporting the strength under exhausting disorders. It should be given in the quantities recommended by a skilful medical man.

67. *Panada*.—A glass of white wine, the same quantity of water, a rub of nutmeg, three or four lumps of sugar, and lemon peel, and place the whole in a saucepan over the fire; then grate a large table-spoonful of crumbs of bread; and, the instant the liquor boils, put the crumbs in, and make it boil as fast as possible. When it is well mixed, and thickened, it is done.

68. *Arrowroot*.—Be sure to purchase that of the best quality. It is of the first importance to sick persons that every article be genuine. Arrowroot may be made with milk, or with wine and water; a large dessert-spoonful makes half a pint. It must be rubbed smooth, with a very small quantity of cold water or milk at first, gradually increased to about two table-spoonfuls, and then stirred into the remainder while it is boiling; when it has boiled

for two minutes it is done. If made with milk it may be flavoured with cinnamon or nutmeg, and sweetened with fine moist or loaf sugar, according to the state of the bowels; if they are relaxed, loaf sugar; if they are confined, moist sugar is the best. If it is to be made with wine, a glass of white wine or a spoonful of brandy, is the quantity for half a pint; and is to be made in the manner as panada.

69. *Sago*.—The berries must be soaked one hour in cold water, then pour that off, and add, to a large table-spoonful of sago, a quart of water; let it simmer gently a long time, till the sago is quite tender, and it has become thick; if wine is to be added, put the less water; when it has boiled down to a pint, add two glasses of white wine, and a little lemon peel, or nutmeg and sugar. Boil the whole together,—or, boil the same quantity of sago very slowly in a quart of new milk till reduced to a pint, and then sweeten to your palate.

70. *Beef Tea*.—Cut one pound of fleshy beef into small pieces. Simmer with a quart of water twenty minutes, after it has first boiled and been skimmed. The inside of a sirloin, or of a rump, without fat, makes the best.

71. *Chicken Broth*.—Save the liquor in which chickens have been boiled; scald the heads and feet, and boil them with the bones that come from table, with a toasted crust of bread: or the bones of a roast chicken, in a smaller quantity of water. Let it boil till the bones become white; then strain it off; and there will be as much nourishing broth as a sick person can take at two meals.

72. *Broth in general*.—One pound of lean meat will make about a quart of good broth, but not more. If two or three kinds of meat are used, the broth is better flavoured, and equally nourishing. Three pints of water, boiled till reduced to one quart, with each pound of meat, is the regular proportion. The meat is then good to eat, and the broth fit to strain off; and an onion gives a flavour, if approved, and is never improper. Knuckle of veal, or the knuckle

end of a leg of mutton, afford the most nourishing broth; but a loin of good wether mutton, the fat very closely taken off, makes the richest broth. A little salt must always be thrown into the water for broth.

73. *Bread Pudding*.—A piece of crumb of bread about the size of a duck's egg, crumbled into as much boiling milk as will just soak it. While boiling hot, stir it gradually on an egg which has been well beaten; add a little sugar and nutmeg; put it into a small tea cup previously buttered, which let it fill exactly; tie it over with a clean cloth buttered, put it into a saucepan of fast boiling water, and let it boil twenty-five minutes. A pudding with two or more eggs will take a proportionably longer time to boil.

74. *Ground Rice Pudding*.—Half a pint of new milk and nearly a table spoonfull of rice; mix the rice smooth with a small quantity of the milk cold, and put it into the rest boiling; by the time it begins to thicken, have ready two eggs finely beaten; gradually mix to them the rice milk and sweeten; butter a dish, put it in, and bake it for about twenty minutes.

75. *Toast and Water*.—Let the bread be one day old, cut in small square pieces, and toasted a fine brown on all sides, but not burnt. Pour on boiling water; when cool, it is fit to drink.

76. *Barley Water*.—Boil one ounce of pearl barley in a little water two or three minutes to cleanse it; pour it off, and put a quart of fresh water, and let it simmer one hour. Sweeten with fine moist sugar, and flavour with cinnamon, if agreeable. If the bowels are confined, boil in it a few raisins or figs, and sweeten with honey.

77. *Orange or Lemon drink*.—Squeeze the juice of two oranges or lemons, rince the pulp and rind in half a pint of boiling water; simmer another half pint of water with about nine or ten lumps of sugar, till quite dissolved and mixed; when all are cold, mix them well together, and strain through muslin.

HINTS TO LYING-IN WOMEN.

Be attentive to the state of your bowels, both before and after confinement; those who take proper exercise out of doors, and eat freely of good vegetables, are seldom troubled in this respect. When medicine is required, nothing is more safe or proper than castor oil.

Avoid, as much as possible, all noise, bustle, or confusion. One or two kind relatives, or worthy neighbours, to wait upon your medical assistant, is as many as can be useful or serviceable.

Divest your mind of all care and anxiety. You cannot get up to work, or clean your house and children, as usual; and your anxiety will do them no good, but may prove injurious to your health, and keep you from returning to your usual duties.

Your chamber must not be kept too hot, or your bed overloaded with clothes. If your room is close, let the door be occasionally opened for a few minutes to change the air; but avoid all drafts. Do not touch or use any linen that has not been thoroughly aired.

Abstain from all improper indulgence; and attend to the advice of your medical assistant. Take nothing, for several days, stronger than plain gruel, tea, milk, bread and butter, or biscuits.

Do not presume too much on your strength, or tax it too far. The more a woman is kept in a lying posture for the first seven days the better; and she will be better able to attend to her family at the end of three weeks, than she would be at six, if she wantonly exerted her strength in the early part of her confinement. A prudent husband would not allow improper exertions.

Keep a warm flannel constantly over the bosom from the period of delivery; let the infant be put to the breast as soon as possible after its birth, a few hours at latest.

Do not abstain from eating vegetables after the first nine days, under the idea they will disorder the milk; it is a wrong notion; and very often, for want of a proper mixture of vegetable food, the milk becomes heated, the nipple sore, and the child disordered.

When you get about again, be on your guard against taking cold, also of over-fatiguing yourself; and especially of what is called heavy work, or lifting great weights.







